

THYME ROASTED CHICKEN AND POTATO

DETAILS

The ideal lunch or dinner option that will comfort anyone who tastes it. A prep time of 30 minutes and combined cook time of 1 hour.

INGREDIENTS

- 1 whole bone in chicken chopped into: 2 breasts, 2 legs/thighs and 2 wings
- 8 half boiled and peeled baby potatoes
- 1 whole garlic bulb, cut in half
- 5 garlic cloves, crushed
- 2 lemons, squeezed
- 1 lemon, sliced
- 6 small carrots, cut in half
- 10 sprigs of fresh thyme
- 1 tablespoon salt
- 1 tablespoon dried thyme
- 1 teaspoon freshly ground black pepper
- Olive oil



METHOD

1. Turn your oven on to 220 degrees Celsius.
2. Pat the chicken dry with a paper towel.
3. Rub all sides of the chicken with salt and pepper.
4. Place a cast iron skillet on a stove top and set the heat at medium-high.
5. Cover the bottom of the skillet with oil.
6. When the oil is hot, place the chicken skin side down in the skillet and leave it to cook (without moving them) for 15 minutes.
7. Flip the chicken on the other side and cook for 5 minutes.
8. Remove from the heat.
9. Add the potato, garlic, lemon slices, carrots and thyme sprigs to the chicken in the skillet.
10. Mix the lemon and crushed garlic in a small bowl and pour over the chicken, potatoes and carrots.
11. Sprinkle some dried thyme over the skillet.
12. Drizzle olive oil over all the ingredients in the skillet.
13. Place the skillet in the oven and cook for 45 minutes.